

Garlic Herb Bread

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



425 kcal

Ingredients

- ☐ 1 tablespoon flat parsley chopped
- ☐ 1 loaf bread french
- ☐ 2 large cloves garlic finely minced
- ☐ 6 tablespoons butter unsalted at room temperature

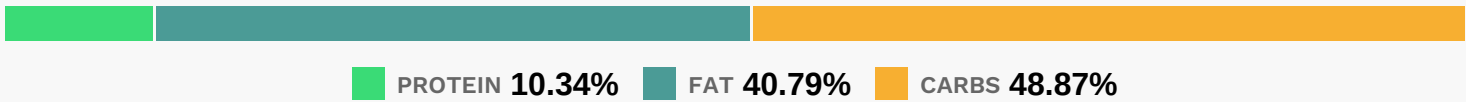
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Combine the butter,garlic, and parsley in a small bowl.
- ☐ Shortly before serving,preheat the oven to 350°F.
- ☐ Cut the bread into 1-inch slices without cutting all the way through.
- ☐ Spread the butter into each slice. Wrap the bread in aluminum foil, gathering it loosely over the top.
- ☐ Heat bread in the oven for about 20 minutes for the butter to melt.
- ☐ Serve in a basket, wrapped in a napkin.
- ☐ Per serving: 400 calories, 49g carbohydrates, 10g protein, 19g fat, 45mg cholesterol
- ☐ Parade

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:40.16, Inflammation Score:-7, Nutrition Score:14.07130425391%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 425.17kcal (21.26%), Fat: 19.47g (29.95%), Saturated Fat: 11.32g (70.74%), Carbohydrates: 52.47g (17.49%), Net Carbohydrates: 50.21g (18.26%), Sugar: 4.66g (5.17%), Cholesterol: 45.15mg (15.05%), Sodium: 605.13mg (26.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.1g (22.21%), Vitamin B1: 0.71mg (47.66%), Selenium: 29.02µg (41.46%), Folate: 125.19µg (31.3%), Manganese: 0.55mg (27.58%), Vitamin B2: 0.44mg (25.69%), Vitamin B3: 4.85mg (24.26%), Iron: 4mg (22.23%), Vitamin K: 18.6µg (17.71%), Vitamin A: 609.16IU (12.18%), Phosphorus: 112.92mg (11.29%), Fiber: 2.26g (9.06%), Magnesium: 33.29mg (8.32%), Copper: 0.16mg (8.07%), Zinc: 1.09mg (7.25%), Vitamin B6: 0.13mg (6.36%), Calcium: 61.13mg (6.11%), Vitamin E: 0.71mg (4.71%), Potassium: 133.6mg (3.82%), Vitamin B5: 0.37mg (3.7%), Vitamin C: 1.8mg (2.18%), Vitamin D: 0.31µg (2.1%)